

# Happy and healthy Angelina has suppressed her HIV viral load



“ I was diagnosed with HIV in 2009. I did not have a problem accepting my HIV positive results. When I was told that I was infected with HIV, I went straight home to tell my sister about my situation. I was scared, I thought she would throw me out of the house, but she accepted me.

I was lucky to be approached by a DAPP Namibia TCE Field Officer during the same year who introduced me to a TRIO. I chose my two sisters to be my TRIO supporters. Since then I have not looked back. I am taking my medication everyday and attend my clinic appointments without fail.

I have benefited a lot from being in a TRIO. I am always reminded and encouraged to take my medication everyday at the right time. I always follow instructions from the doctor and take advice from my supporters, and this has helped me stay healthy. I do not have any complaints about ill health and have managed to stay away from things that can disturb my health.

Today I am happy and healthy. The HIV in my body cannot be detected because I have managed to stay on my medication. Another good thing I am happy with is that I have graduated from a TRIO to a Community Adherence Club. In this, I have people that I can still look up to for support and advice because we are in the same situation. We will keep encouraging each other to take our medication accordingly and fulfil our appointment with the clinics.”

**Angelina Muronga**

**HIV client**

**Namibia**

